

ABSTRACT

A nutraceutical composition containing extracts of at least three or four herbs, wherein the first herb, which is optional, is *Hedysarum polybotrys* Hand.-Mazz. or 5 *Astragalus membranceus* Bge., the second herb is *Atractylodes macrocephala* kodiz, the third herb is *Ledebouriella seseloides* (hoffm.) Wolff, and the fourth herb is an anti-allergy herb. Also disclosed is a method of treating a disorder related to excessive secretion of histamine or interleukin-4 by using the extracts.